HALIFAX rocks 2010
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SEE PAGE 13 FOR DETAILS

NOT GUILTY
CAPT. SEMRAU BEATS MURDER CHARGE
COURT MARTIAL {page 6}



HALIFAX metro®
Tuesday, July 20, 2010
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Waterfront. Hot stuff



▶ There have got to be easier ways to shave than this.

RYAN TAPLIN/METRO HALIFAX

Hot enough for ya? Not for him...

Busker Mike MacDougall, a fire-eater, magician and juggler, put on his Mike Danger Show during a hot afternoon on the waterfront yesterday. Outdoor fire-eating may be trickier today, though, as the forecast called for morning rain.

Wanna see BEP? Pay up

No free viewings of Saturday's Halifax Rocks show {page 4}

Fight summer skin problems

How to keep your epidermis safe under the hot sun {page 15}

Did staff abuse N.S. teen?

- Justice Department document alleges boy lashed out at facility staff, incited others to attack them
- Boy was 'placed in a position of control': Document

An advocacy group is calling for an investigation into allegations that a Nova Scotia youth struggling with a conduct disorder was physically abused on the weekend by staff at a treatment facility in eastern Ontario.

Roch Longueepee, founder of Restoring Dignity, a non-profit group that seeks justice for victims of institutional child abuse, said yesterday that the 15-year-old should be removed from the Bayfield facility in Consecon until a specialized treatment program can be set up for him in Nova Scotia.

Longueepee said the youth, who can't be named, told his aunt that two male staff members refused his request to go to the washroom on Sunday, then threw him to the floor, punched him in the ribs and kneed him in the throat.

The aunt issued a statement saying he was left with a black eye, cuts to his head and scratches on his body.

The accusations have not been proven.

Sharlene Weitzman, chief operating officer for the privately run facility, declined comment, citing privacy concerns.

THE CANADIAN PRESS

"We have to react and respond to this boy's cry for help."
ROCH LONGUEEPEE, FOUNDER OF RESTORING DIGNITY

Alleged victim

The boy, 15, cannot be named. None of the accusations have been proven.

- The boy has been in the care of Nova Scotia's Community Services Department since November 2008, when it was deemed he required intensive, long-term care, as he was a risk to himself and the community.
- He was a victim of sexual abuse, and abandoned before the age of five, says Roch Longueepee, founder of Restoring Dignity.
- Longueepee also says the boy has "cognitive issues," though none of the diagnoses he has received have been conclusive.

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HillcrestVW.com

Majority of Nova Scotians got the shot



ALEX. BOUTILIER
HALIFAX@METRONEWS.CA

Nova Scotia had one of the highest percentages of residents receive the H1N1 vaccination last flu season.

According to Statistics Canada, 58 per cent of Nova Scotians received the vaccination — coming in third behind Newfoundland (69 per cent) and Prince Edward Island (62 per cent).

All four eastern provinces were above the national average of 41 per cent, or 11.6 million Canadians.

Most provinces west of Quebec were below the average, hovering around the mid-30s.

According to Capital Health spokesman John Gillis, an even higher number of those in the Capital Health District were vaccinated.

"The figures we have actually indicated a higher proportion of the population that was vaccinated," he said.

"Including the people that we provided the vaccine to in the large public clinics, as well as the vaccine we distributed out to family doctors.

That was more than 286,000 doses in our district, which would be about 71 per cent of the population."



▶ More than half of Nova Scotia residents received the H1N1 vaccine last year.

Corbett: People should be 'free to be'

LGBTI network promoting safe and supportive workplaces for public

For the first time in Nova Scotia's history, the gay pride flag was raised at Province House yesterday.

About a hundred people showed up for the raising of the rainbow-patterned flag, one of the first kickoff events for the 23rd Pride week in Halifax.

Laura Barbour, a government employee and a member of the government's Lesbian, Gay Bi-Sexual, Transgender, Intersex network, said the flying of the pride flag is an important step for the province.

"It's a historical day," said Barbour. "LGBTI people are an important part of the fabric of Nova Scotia."

The province's LGBTI network was created to provide inclusive and supportive work environments for LGBTI employees of Nova Scotia.

ALEX BOUTILIER

Inclusiveness

▶ Deputy Premier Frank Corbett, along with public services commissioner Kelliann Dean, welcomed the crowd to Province House. "Today is one more step towards supporting a truly inclusive workplace. and giving all Nova Scotians the opportunity 'free to be,'" said Corbett, with a nod to the theme of this year's celebration.

"What a wonderful day it is. As we celebrate diversity, and show our support for lesbian, gay, bisexual, transgender, and intersex people in our workplaces and throughout Nova Scotia."
KELLIANN DEAN

RYAN TAPLIN/METRO HALIFAX



▶ Public Service Commissioner Kelliann Dean, Laura Barbour, Terry McLaughlin and Deputy Premier Frank Corbett raise the rainbow flag during the Pride Week launch at Province House yesterday.

Date set for cabbie death trial

A tentative preliminary trial date has been set for the man accused in the shooting death of taxi driver Sergei Kostin.

Chaze Lamar Thompson, 20, of Dartmouth, will appear in a Dartmouth court room on May 9, 2011.

He is charged with one count of murder in relation to Kostin's death.

Thompson is currently serving a four-year prison sentence for robbery.

Thompson will also appear in court on April 27 and 28 on charges of aggravated assault, assault with a weapon, and possession of a weapon in relation to a separate incident.

On Jan. 20, 2009, police officers found Sergei Kostin's burnt out taxicab in a remote area on Downey Road in North Preston.

Kostin's body was found more than three months later about 20 feet from Upper Governor Road.

ALEX BOUTILIER

News in brief

Mother released from custody

DARTMOUTH. A mother accused of assaulting her toddler has been released from custody. Susan Elizabeth MacDonnell of Dartmouth faces charges of aggravated assault, criminal negligence, and failure to provide the necessities of life to her two-year-old daughter. In June, MacDonnell was ordered to undergo a 21-day psychiatric evaluation to determine if she was criminally responsible for the acts. Conditions of her release include staying at the Abbie Lane mental health centre and refraining from contact with children under 18.

ALEX BOUTILIER

1 news

News on the move

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A Port of Montreal labour dispute threatens to disrupt imports into Eastern Canada. Video at metronews.ca/canada



Allan Small goes bargain hunting in a stagnant stock market. More at metronews.ca/investing

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Seeing concert at Common? Pay up

- Haligonians will not see concert stage from outside grounds
- Halifax Common being set up to hold 30,000 people

ALY THOMSON
HALIFAX@METRONEWS.CA

The sound of hammering and clanking could be heard coming from the Halifax Common yesterday.

Setup has begun for the first of two major concerts on the grounds this summer.

"We set up a mini-city on that site downtown," said Harold MacKay of Power Promotional Events.

Power Promotional Events is the promoter responsible for bringing Weezer and the Black Eyed Peas to the city.

MacKay said the setup will be similar to that of the 2006 Rolling Stones concert.

He said the back of the stage will be facing Citadel Hill.

"Nobody can see it for free this year, that's one big difference," he said.

What's on

Saturday's lineup for the Halifax Common:

- **12:50 p.m.** Chad Hatcher
- **1:40 p.m.** Stanfield
- **2:30 p.m.** Jimmy Swift Band
- **3:20 p.m.** Rich Aucoin
- **4:10 p.m.** Hot Hot Heat
- **5:30 p.m.** Classified
- **7 p.m.** Weezer
- **8:30 p.m.** Black Eyed Peas

300 The number of workers who will help set up the concert grounds this week.

RYAN TAPLIN/METRO HALIFAX



▶ Workers start setting up on the Halifax Common yesterday for Saturday's Halifax Rocks show featuring Weezer and the Black Eyed Peas. The set-up will continue every day from 7 a.m. to 8 p.m. leading up to the concert.

Fells case to be reopened

Nova Scotia's Public Prosecution Board will re-hash the matter of Ken Fells after learning the Crown may not have viewed all of the evidence.

A video of the skirmish between the former principal of Graham Creighton Junior High School, who was removed from his position in May, and a 14-year-old student was released by Frank magazine in early July.

"Because this initial Crown attorney who gave the advice is away ... in the interest of thoroughness, we want to be sure that the video was in fact viewed."
CHRIS HANSEN, SPOKESPERSON FOR NOVA SCOTIA'S PUBLIC PROSECUTION BOARD

During the initial investigation, police asked a Crown attorney for advice on how to proceed. No charges were laid.

But Chris Hansen, a prosecution spokeswoman, could not confirm nor deny that the Crown saw the video of the confrontation.

She said the Crown attorney involved in this case is on vacation until the end of the month.

"We have given it to another Crown attorney to view all the police materials and all the evidence that's gathered including the video," she said yesterday.

ALY THOMSON

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ScanLife

Province to decide on centre bid

The bid for a new downtown trade centre was submitted to the province yesterday.

Transportation and Infrastructure Renewal spokeswoman Cathie MacIsaac said the province will make a decision on whether to join Halifax and Ottawa in providing funding for the project by the fall.

ALEX BOUTILIER

Conciliator to join Village labour talks

Conciliation talks are scheduled to begin involving workers at the historic Sherbrooke Village in Nova Scotia.

The unionized museum workers at the tourist attraction have voted 81 per cent in favour of a strike if changes aren't made to a contract offer. The Nova Scotia Government and General Employees union says workers are still willing to walk off the job if they're not happy with the outcome of conciliation.

The 73 employees are negotiating a first contract.
THE CANADIAN PRESS

Stop Gulf drilling: Greens

The Green Party of Canada joined with Save Our Seas and Shores Coalition in calling for a moratorium on oil drilling in the Gulf of St. Lawrence, saying the blowout in the Gulf of Mexico should be a wake-up call. THE CANADIAN PRESS

METRO HALIFAX FILE PHOTO



▶ Green Party Leader Elizabeth May

Metro Transit shuffles bus routes

Major changes in Metro Transit bus routes, including the elimination of Route 3 (Manors), will take effect on Aug. 29.

Metro Transit has added three new bus routes, including Route 8 (Waterfront), which leaves from Scotia Square and loops around downtown Halifax near the waterfront, and Route 22 (Armdale), which runs from Mumford Terminal to Exhibition Park.

Service on Route 63 to Penhorn Terminal will be replaced by Route 57 Russell Lake.

ALY THOMSON

CONTRIBUTED PHOTO



▶ Hope Swinimer of the Hope for Wildlife rehabilitation centre said Henderson, a 10-week-old fisher, is lucky to be alive.

Injured fisher nursed to health

Named Henderson, the 10-week-old fisher was found next to the highway Fewer than 700 fishers remain in Nova Scotia

ALY THOMSON
HALIFAX@METRONEWS.CA

A wounded animal rarely seen in Nova Scotia has been rescued and nursed to health.

On July 1, a 10-week-old fisher was discovered next to the highway near Weymouth and was brought to the Hope for Wildlife's rehabilitation centre in Seaforth, said Hope Swinimer, director of the centre.

The fisher, named Henderson, was suffering from trauma shock, she said.

Swinimer said the fisher has fully recovered, but is still too young to be re-released into the wild. She said the critter will remain at an outdoor enclosure at the centre until at least the fall.

There are less than 700 fishers left in the province, she said.

Team effort

▶ Henderson was discovered by local resident Thomas Comeau, retrieved by the Department of Natural Resources and turned over to Nicole Payne of Hope for Wildlife. Payne brought the fisher to the Metro Animal Emergency Clinic in Burnside and it was treated by veterinarian Dr. Cathy Lamey.

Parking's cheap in Halifax: Survey

The price of parking in Halifax is among the lowest in the country, according to Colliers International's Annual Report.

Halifax is the ninth out of 12 cities surveyed with a median monthly rate of $158.20.

Calgary leads the country with a rate of $453.38 per month, and the Kitchener-Waterloo rates were the lowest at $116.94 per month. The national average was $224.10, according to the survey.

metronews.ca

THE CANADIAN PRESS

Car hits dump truck, man arrested

Police arrested a man after he allegedly crashed into a dump truck on Oxford Street yesterday.

Shortly after 9 a.m., a man allegedly drove his vehicle into the truck and fled from the area barefoot.

He was nabbed by police shortly after at Connaught and Jubilee streets.

The 29-year-old man will face charges of driving while impaired and leaving the scene of an accident.

He was also ticketed for driving without a licence, driving without insurance and crossing over the centre line of the roadway.

ALY THOMPSON



*Corolla CE/RAV4 FWD/Venza FWD lease based on a 60-month walk away lease and lease rate of 1.9%/3.5%/3.9% (Models BU42EM-A/ZF4DVP-A/ZA3BBT-A). First payment is due on delivery. Total lease obligation for Corolla CE/RAV4 FWD/2010 Venza FWD of $11,940 with $1,200 down includes manufacturer contribution of $750 plus tax/$19,400 with $2,060 down/$24,030 with $1,890 down or with $0 down $12,000 includes manufacturer contribution of $750 plus tax/$19,620/$24,240. Purchase option price of $5,101.80/$9,838/$10,844.70 based on 120,000 kms. Lease includes a maximum of $1,390/$1,560/$1,560 for freight & P.D.E. All vehicle leases exclude license, registration, insurance and applicable taxes. **Customer Incentive offers valid on retail delivery of select new unregistered Toyota vehicles, when purchased or leased from a Canadian Toyota dealership. Vehicle must be purchased/leased, registered and delivered between July 1 and August 3, 2010. Customer Incentive offers are from July 1 to August 3, 2010. See your Toyota Dealer to determine if tax applies before or after the application of the offer in your jurisdiction. Offer is subject to change without notice. ¥Graduate program allowance of $500 on 2010 Yaris Hatchback, Yaris Sedan, RAV4, Corolla and Matrix, and $1,000 on 2010 Tacoma. Must be within four months of graduation, or have graduated within the last four years, from an accredited Canadian university or college. The four-year eligibility period will be measured from the date shown on the graduate's diploma. Applications outside the specific forty-eight month period cannot be accepted. ¥¥Based on value retained from original MSRP for 2006 model year vehicle as published by CBB, as of 1 January 2010. Source: CanadianBlackBook.com. ‡RAV4 FWD/Venza FWD fuel economy based on automatic transmission. Corolla CE fuel economy based on manual transmission. Individual dealer may sell/lease for less. Vehicles may not be exactly as shown. Offers valid until August 3, 2010. See your participating Toyota Dealer for details.

CONRAD BLACK

Baron makes bail

Conrad Black won his bid for bail yesterday after a U.S. Supreme Court ruling last month weakened the law that was used to convict him and send him to prison.

However, Black's appeal lawyer, Miguel Estrada, said his client had not yet been released.

"He is not yet out," Estrada said in an email.

"The terms will be set by Judge (Amy) St. Eve, as soon as we can get in front of her."

St. Eve presided over Black's criminal trial in 2007 in Chicago.

Black and three other former executives from Hollinger International were convicted of swindling the company's shareholders out of $6.1 million US.

Black is the only one still in jail.

THE CANADIAN PRESS

Soldier found not guilty of murder

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Capt. Robert Semrau arrives with his wife, Amelie Lapierre-Semrau, to hear the verdict in his court martial.

Convicted of 'disgraceful conduct' in shooting of dying Taliban fighter

An unprecedented court martial has found Canadian Forces Capt. Robert Semrau not guilty of murder in a battlefield shooting in Afghanistan.

He was convicted on the lesser military charge of disgraceful conduct.

Sitting in Gatineau, Que., the five-member court panel, the equivalent of a military jury, spent two and a half days considering the case against the 36-year-old officer.

The dramatic legal-military saga began on Oct. 19, 2008, on a dusty battlefield in the Taliban-infested Helmand province, just west of Kandahar.

Semrau was part of a team of Canadian soldiers assigned to the Afghanistan National Army as mentors. Following an intense fire fight that pitted Canadian and Afghan forces against the Taliban, an insurgent lay on the verge of death.

An Afghan army captain, who was on the patrol with Semrau, testified the Taliban fighter was "98 per cent dead" when he was found.

Semrau's lawyer had argued that the prosecution did not prove its case beyond a reasonable doubt, saying the fog of war made it impossible to get an accurate picture of what happened.

But the prosecution had argued there was no doubt Semrau fired the fatal two rounds and that mercy killing was not a defence.

THE CANADIAN PRESS

Shooting

- The trial was told that Semrau fired two rounds from his rifle into the dying man and that he'd told fellow officers after the shooting that he simply wanted to put a wounded and dying enemy fighter out of his misery. The body was never recovered.

Greens, group urge drill ban

A group calling for a moratorium on oil and gas drilling in the Gulf of St. Lawrence says the blowout in the Gulf of Mexico should be a wake-up call.

The Green Party of Canada joined with the Save Our Seas and Shores Coalition yesterday to push for a stop to any deepwater drilling plans.

"It only takes one well and if we allow them into the Gulf of St. Lawrence, it is not a matter of whether a spill will happen, but when," said Green party Leader Elizabeth May in a statement.

"Our tourism industry, our quality of life, our fisheries are all at risk."

"It is not a matter of whether a spill will happen, but when."
ELIZABETH MAY, GREEN PARTY LEADER

An oil exploration lease has been issued to Corridor Resources next to the Iles-de-la-Madeleine in the Gulf of St. Lawrence.

Greg Egilsson, of the Gulf NS Herring Federation, said they want the federal and provincial governments to show respect for the fisheries and historic coastal communities.

THE CANADIAN PRESS

BP well cap stays shut — for now

The U.S. federal government yesterday allowed BP to keep the cap shut tight on its ruptured Gulf of Mexico oil well for another day, despite news the well is leaking at the top and something is seeping from the sea floor nearby.

The Obama administration's point man for the spill, retired Coast Guard Adm. Thad Allen, said early Monday that the company promised to watch closely for signs of new leaks around the mile-deep well. THE ASSOCIATED PRESS

THE CANADIAN PRESS/ RCMP



▶ Lyle and Marie McCann

Arrest in missing couple case

Police have arrested a violent fugitive they have been looking for as a "person of interest" in the case of an Alberta couple last seen more than two weeks ago.

RCMP said Travis Edward Vader, 38, was surprised by police and taken into custody at a rural home near Niton Junction between Edmonton and Edson, Alta., early yesterday morning.

"He was arrested leaving the residence," said RCMP Sgt. Tim Taniguchi.

"It was without incident. No one was injured."

Lyle and Marie McCann, both in their 70s, were last seen July 3 on a surveillance video as they gassed up their motor home in their home town of St. Albert, just north of Edmonton. They were on their way to meet family in British Columbia for a camping trip.

The motor home was found burned out in dense bush near Edson on July 5. Neither the McCanns nor their Hyundai were anywhere to be found. The SUV was located off a bush trail about 30 kilometres east of Edson on Friday.

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Drownings increase this year

An increase in drownings across Canada this year has safety officials urging people to take more care in and around water.

The Lifesaving Society says 205 people have drowned across the country since January, 25 more than the same period last year. A spokeswoman with The Lifesaving Society says it may be that more people are swimming due to heat waves in Ontario and Quebec.

THE CANADIAN PRESS

Man had umbrella, not gun

A southern Alberta man was crouching on one knee and pointing a dark-coloured umbrella at police before he was shot dead by an RCMP officer early Sunday, says the group that investigates serious incidents involving police. Police also found "written materials" in the 39-year-old man's home suggesting he wanted to kill himself, said Clifton Purvis of the Alberta Serious Incident Response Team. THE CANADIAN PRESS

Up to $2M stolen from ATM

Over several years, someone managed to take as much as $2 million from an automated teller machine at a city hospital before anyone noticed, Winnipeg police said yesterday.

Officials at the Misericordia Health Centre came to police in April with concerns that money had gone missing from an ATM that was run by the hospital itself. Police have yet to make any arrests.

THE CANADIAN PRESS

BIKAS DAS/THE ASSOCIATED PRESS



▶ A man pastes photographs of dead and injured passengers at a hospital in Birbham district of West Bengal state, about 250 kilometres north of Calcutta, India, yesterday.

61 killed as 2 express trains crash in India

Cause of collision unknown Civilians scrambled to help survivors while rescue workers arrived hours later

The 22-year-old was asleep on the overnight train, headed to his distant job at a call centre, when an enormous jolt awakened him and his coach flipped. He lay with his leg broken for five hours, crushed under the dead bodies of other passengers as he waited for help.

The powerful crash between two express trains at a station in eastern India early yesterday morning killed 61 people and injured at least 125 more. The force of the crash was so intense the roof of one car was thrust onto an overpass above the tracks.

Railway Minister Mamata Banerjee rushed to the site of the crash and raised the possibility it was another case of sabotage. But there was no immediate indication that rebels were to blame, and railway officials said the cause of the crash was unclear.

At about 2 a.m. the fast-moving Uttarbanga Express slammed into the Vananchal Express at a station about 200 kilometres north of Calcutta. Residents scrambled onto the crashed cars, searching for survivors. Hours later, rescue workers arrived, bringing heavy equipment to cut through the debris.

THE ASSOCIATED PRESS

Fast facts

Accidents are relatively common on India's rail network, which is one of the world's largest but lacks modern signalling systems.

- On May 28, a passenger train derailed and was hit by an cargo train, killing 145 people. Authorities blamed sabotage by Maoist rebels.
- A handful of accidents in in January killed at least a dozen people and were blamed on heavy winter fog that impaired visibility.

News in brief

The loris is out from hiding

SRI LANKA. Researchers in a Sri Lankan forest have photographed a rare primate that was feared extinct for more than 60 years.

A Horton Plains slender loris was caught on camera after lengthy surveys of the forest.

THE ASSOCIATED PRESS

Which way to Mecca?

INDONESIA. People in the world's most populous Muslim nation have been facing Africa — not Mecca — while praying.

Indonesia's highest Islamic body acknowledged yesterday it made a mistake when issuing an edict in March saying the holy city in Saudi Arabia was to the country's west.

THE ASSOCIATED PRESS

'Everybody is doing it'

A unique loophole in a new security procedure means a gun permit is like a special-access pass into the Texas Capitol, allowing people who are certified to carry a gun to bypass lines at the metal detectors set up after a shooting incident earlier this year.

"Everybody is doing it or is planning to do it," said lobbyist Bill Miller, who has taken the required training.

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Lockout stifles Port of Montreal

Employers say locking out longshoremen will cost millions a day Union has been without deal since 2008

Wine from Europe, imported sofas and some merchandise destined for Wal-Mart are among the numerous imported consumer goods affected by a lockout that began yesterday at the Port of Montreal.

Commercial operations at the Port of Montreal essentially came to a halt after 900 longshoremen were locked out by the employers group over pressure tactics related to contract negotiations.

The issue for the union is job security, as well as keeping guaranteed payments when longshoremen are waiting for work.

The issue for the union is job security, as well as keeping guaranteed payments when longshoremen are on call and waiting for work.

Union spokesman Michel Murray said 169 longshoremen with the least seniority recently had their guaranteed pay cut and union members responded to the change by working less overtime.

"Between 70 and 80 per cent of the goods that you consume go through the Port of Montreal for the province of Quebec and Eastern Canada."
GILLES CORRIVEAU, SPOKESMAN FOR MARITIME EMPLOYERS ASSOCIATION, WHICH ISSUED THE LOCKOUT

"It was cut by the employer as a pressure measure," Murray said, adding the longshoremen affected had two and three years' seniority.

Federal Labour Minister Lisa Raitt issued a statement saying she was "disappointed" that both sides were unable to reach an agreement in the dispute.

"I urge the parties to resume bargaining and reach a negotiated settlement as soon as possible," she said, adding the federal government will continue to monitor the situation.

The Port of Montreal, the second largest after the Port of Vancouver, says it generates spinoffs of some $2 billion annually, and creates more than 17,600 direct and indirect jobs.

Murray said the revenue agreement had been a longtime arrangement in their contract and longshoreman have always been available to work as a result. THE CANADIAN PRESS

Genre. Subject



A civet cat climbs a coffee tree to eat ripe cherries.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Dung: Not everyone's cup of joe

Indonesia's top Islamic body said it may forbid followers from drinking the world's most expensive coffee, extracted from the dung of a civet cat, over concerns it is unclean. Kopi Luwak is made from hard beans that have been eaten by the nocturnal critters and then fermented in their stomachs before being pooped out and roasted. It's prized for its smooth flavour and bitterless aftertaste.

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News in brief



BP's cleanup costs pile up

LONDON. Oil company BP says that the cost of dealing with the Gulf of Mexico spill has now reached nearly $4 billion US.

The company, which has placed a temporary cap on the leak, says it has made payments totalling $207 million to settle individual claims for damages.

To date, more than 67,500 payments made because of the damage caused by the spill along the southern coast of the United States.

The amount spent so far covers the response, containment, relief well drilling, grants to the Gulf states, payment of claims and U.S. government costs. THE ASSOCIATED PRESS

Foreign investors flock to Canada

OTTAWA. The amount of foreign investment in Canadian securities nearly doubled to $23.2 billion in May, with close to half of that in federal bonds.

That compares to foreign investment of $12.4 billion in April.

Statistics Canada says federal government debt was a big attraction for foreign investors, who bought $11.5 billion of bonds issued by Ottawa in May. THE CANADIAN PRESS

Plane makers make splash

FARNBOROUGH, ENGLAND. Arch rivals Boeing Co. and Airbus announced new orders worth almost $18 billion US at the start of the Farnborough International Airshow yesterday, raising hopes that the aviation industry is on the way back up after a dire two-year slump.

The aerospace market "has come back faster than we expected" and Boeing has twice raised its internal forecasts for the number of orders at the show, said Boeing Commercial Airplanes president Jim Albaugh. THE ASSOCIATED PRESS

Netflix set to launch in Canada

Canadian video-on-demand services will face a challenge from a California-based company later this year.

Netflix Inc. says it's expanding into Canada with an Internet subscription service that will deliver movies and TV episodes to televisions and computers for a monthly fee.

Similar Internet online programming services are being rolled out by several Canadian companies, particularly Quebecor's Videotron and Rogers Communications. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	DOLLAR
– 26.18¢ (11,543.47)	– 0.02¢ (94.80¢ US)

OIL	Natural gas 1,000 cu ft
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SHACKING UP & SHARING A TOOTHBRUSH

She says ...

JESSICA NAPIER



Every downtown dweller knows there's nothing better than living in the city — especially when you have someone to share the rent with.

So, in the name of true love (and affordability), my boyfriend and I recently took the plunge and agreed to cohabitate. Like many couples who decide to move in together, our decision was equal parts romance and convenience.

So far, living together has been an adventure in decorating (I had no idea men had such strong opinions on floral motifs), and has resulted in a lot of practical cost-splitting opportunities. But it's also brought to light all those irritating habits we've managed to keep hidden from one other until now.

I realized our new living arrangement would require an adjustment period, so I'm coming to terms with the boxers on the floor and the wet towels thrown on the bed. But suddenly it seems like my stuff has become our stuff and my territorial instincts are starting to kick in.

"I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky."

Sure, everyone loves sharing the cable bill, but what about those more personal items?

Any guy out there with a long-term girlfriend knows our fancy overpriced shampoo smells better than yours. So I wasn't surprised when my boyfriend started helping himself. But what about towels, nail clippers, shaving cream … I've even caught him taking a turn with my toothbrush!

Is nothing sacred?

Maybe our newfound bathroom co-dependence is just a case of comfortable familiarity, a natural progression of any long-term commitment. On the other hand, what if this intimate behaviour is killing the romance, one unhygienic toothbrushing session at a time? I might be willing to concede on some of the toiletries, but I refuse to become a couple that uses the bathroom together.

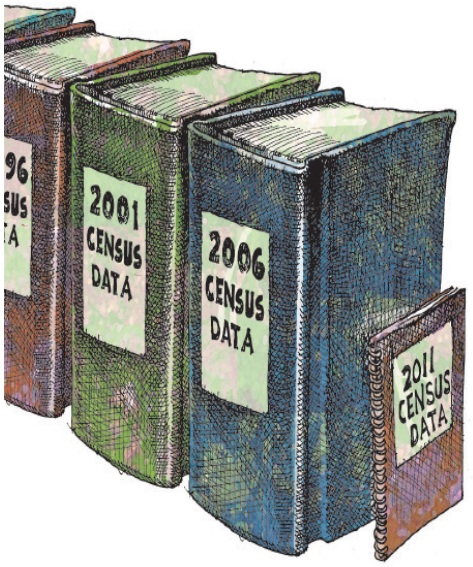
I know there are people who happily perform their nightly flossing routine while their partner is perched on the toilet beside them. I also know I will never be one of those people. I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky.

After all, every couple needs boundaries, even when you're sharing a 500-square-foot apartment.

Cartoon

MICHAEL DE ADDER

Are we being 'Conned?'



Letters & Tweets

TORONTO. Bit by bit, the Harper "Cons" continue to "con" the Canadian public by slyly dismantling, or reducing to minimal, the core practices of our essential, traditional statutes. The long form of the Statistics Canada census is just another casualty in the increasingly lengthy list.

Today, where we can Google the exact location where you and I live, and where there is virtually nothing the government or its agents cannot find out about us, does it make any sense for Industry Minister Tony Clement to feign intrusiveness of the long-form census? What a paradox.

Moreover, the data StatsCan collects and analyzes on the long form are used collectively and anonymously to compile statistical trends on all aspects of the Canadian population.

Lastly, the annual income tax form is much more intrusive (one of the sacred secrets of Canadians is how much money we earn) than the long-form census. If the Harper "Cons" can get away with this one, will complainants soon lobby them to get rid of the income tax forms? And what excuse will the "Cons" have for maintaining the intrusiveness of the tax forms?

GLENN HAREWOOD

More is less

ADRIAN WYLD/THE CANADIAN PRESS



What's your favourite summer movie?

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Metro Minute with Bowie tribute

GETTY IMAGES FILE



He's Ziggy Stardust, a.k.a. the Thin White Duke, a.k.a. the Chameleon of Pop, and a.k.a. David Bowie. Last year, the Angels and Heroes paid tribute to Queen during Pride week. This year, they're honouring the glam rock god tonight at the Music Room on Lady Hammond Road.

A number of Halifax musicians will perform Bowie classics. The show starts at 8 p.m. and tickets are $20 or $15 for students or the unwaged.

There's also a free seminar called Toys for Queen Girls, a meet and greet for gay artists at Menz Bar, and a variety show at the Company House today.

For all Pride events, go to halifaxpride.com.

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Singer gussied up for debut on Glee

Filipino teen gets skin-tightening procedure, Botox Career took off after appearing on Ellen and Oprah

Filipino teenage singer Charice Pempengco says she prepared for her debut on the hit TV show Glee by getting Botox and an anti-aging procedure "to look fresh on camera."

The 18-year-old Charice, whose singing career rocketed after appearing on Ellen DeGeneres' and Oprah Winfrey's talk shows, underwent a 30-minute Thermage skin-tightening procedure and Botox to make her "naturally round face" more narrow, celebrity cosmetic surgeon Vicki Belo told ABS-CBN television.

Charice, in the same interview, said last week's face makeover was part of her big preparations for her appearance on the hit show's second season. She starts filming at the end of this month.

"All people will be anticipating how will Charice look? Is she good enough to pit against Rachel Berry? So of course there is tremendous pressure," Charice said. Berry is portrayed by Lea Michele, who is 23.

Charice auditioned for Glee in mid-June in Los Angeles and was thankful to have been accepted.

"It's really a blessing," she said, adding she was "very proud to be an Asian, very proud to be Filipino."

On the streets of Manila yesterday, some residents who follow Charice had mixed feelings about what she did with her face.

"It may be of some benefit for the camera, but I would be reticent to consider Botox for a normal 18-year-old"
DR. MALCOLM ROTH

"I think it's OK for women to have procedures done, but Charice is too young. Does she need it?" said Patricia Carpio, a 21-year-old student.

For Myrna Lumanao, a 23-year-old seller in a doughnut stall, looking natural is better. "I guess she can afford to have those procedures done because she has the money, but I wish she did not change her looks."

Dr. Malcolm Roth, president of New York's Society of Plastic Surgeons and director of plastic surgery at Maimonides Medical Center in New York said he wasn't sure how someone so young could benefit from Botox. "You would think that the makeup people could take care of (any wrinkles she might have) or that they could take care of it in post-production," he said. **THE ASSOCIATED PRESS**

big break

- **Charmaine Clarice Relucio Pempengco** got a big break on The Ellen DeGeneres Show at age 15

LARRY BUSACCA/GETTY IMAGES



▶ Filipino teen singer Charice, shown in this photo taken earlier in the year, wanted to "look fresh" for her appearance on Glee.

'We started playing the characters and now I'm obsessed'

NATALIE GAVILANES
scene@metronews.ca

If the adage of being careful for what you wish for is at all ominous, Angie Harmon has got good karma. Being a full time mom and now on a No.1-rated cable television show, it's hard to believe the actress almost shut the door for good.

How did you come about hearing of the show?
TNT offered [the role] to me. I was pretty much getting ready to retire and thinking that I'm going to move back East with my kids and raise my little girls and go be mommy, and I wasn't really finding the roles that I wanted to play. And so I just sort of made a deal with God — I was like, "OK, I would love something on cable, shoot five months a year, and then I get to be mommy the rest of the time. [I'd] like to be funny and strong and intelligent." And literally the next day it was on my front porch because my manager lives down the street.

This series is based on Tess Gerritsen's hit series of books. Are you a fan of mysteries?
I hadn't read Tess' books until we started playing the characters and now I'm obsessed. And it's been interesting because, like I was saying, you know Billie [Burke] and I are shooting together and here I am reading about our future. It's so fun playing this out for the audience.

What is your interpretation of the character of Rizzoli?
I think there (are characteristics about Rizzoli that) I really enjoyed playing. I mean, she's witty, she's funny, and a lot of people you know don't see me as a funny character because I don't usually get to play them. I'm usually cast in the more dramatic roles, and it's been a really fun time playing her humour and playing her attitude.



▶ Angie Harmon

2 scene

News in brief



Brazilian soccer star Ronaldinho took to the stage with 50 Cent in a concert in Rio de Janeiro. Ronaldinho was one of the many Brazilian celebrities attending the rapper's show late Saturday and was invited to the stage, prompting a loud ovation from the fans.
THE ASSOCIATED PRESS

Husband says Zsa Zsa Gabor has successful surgery to replace broken hip

Old friends beat on The Drums

Band makes shortlist for BBC's The Sounds of 2010 After starting out as an electro outfit, group goes back to basics and embraces guitar sounds

PHOTO HANDOUT



The Drums like to mix up their sound.

BRUNO MARTINS
METRO WORLD NEWS

Guitarist Jacob Graham and singer Jonathan Pierce met at a U.S. summer camp and made a pact to start a band.

Today The Drums have made No 5 in the BBC's shortlist of The Sounds of 2010.

Jacob Spoke to Metro Portugal's Bruno Martins.

You were initially an electro outfit — why did you go back to basics?

Jonathan and I have been listening to electronic music since we were kids.

I think we started to collect old synthesizers when we were 12 years old so we felt kind of exhausted with the idea a little bit.

A lot of our favourite bands, like New Order, did a similar thing and grabbed guitars without really knowing how to play them and it keeps it fresh that way.

Was it easy to learn to play guitar?

Well, when we started the band we didn't know a thing! We were living in a tiny apartment in Florida, with my little brother and we just grabbed and recorded.

There are no chords on our songs, it's just one note at the time. I had to learn to play guitar in the public eye, which was very stressful at first.

Do the guitars change the feeling on the lyrics?

I don't know. We've always been drawn to simple pop songs and they always end up being about the same thing, you know, heartbreak and pathetic things like that. When we started the band there were a couple of things that affected the lyrics —Jonathan moved from New York to Florida to record and I think that's one of thing that made our first EP kind of summery.

Your songs are bittersweet — is that you?

Yes, we've always been attracted to that. We're all kind of miserable people who are never content, so we could never enjoy pure happy music, but at the same time we don't want to hear some guy with an acoustic guitar singing sad songs with sad lyrics. It's too much. We mix it up.

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The Audio Files



BRYAN BORZYKOWSKI
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REUNIONS DONE THE RIGHT WAY

Summers are all about reunions — high school reunions, old friends gathering at the cottage, and, best of all, there's always a crop of bands that get back together.

Last week, Robbie Williams announced that he was rejoining Take That the popular British rock band he left in 1995, Soundgarden is joining forces for their first official show since 1997 at Lollapalooza, and Randy Bachman and Fred Turner, the men responsible for Bachman-Turner Overdrive's biggest hits, have a new album out in August — their first in decades.

The news of a reunion often induces a serious case of eye rolling (New Kids on the Block), but there's no denying that a tour rakes in the cash.

Three years ago the Police — who broke up in 1984 — hit the road and had the highest grossing tour of 2007, generating $131 million in 54 gigs. A year later the Spice Girls took in $70 million during their tour. And I bet the Stone Temple Pilots are making more money together than they did apart.

At one time people felt uncomfortable about their favourite band reforming simply for the money, but now no one cares, so long as they get to hear Spoonman one more time, it makes no difference why they're playing together.

But bands have to do the reunion thing right if they don't want to tar their legacy. Here's a good rule: Tours are good, new albums are not. Some post-reunion discs do sell well — The New Kids' 2008 disc peaked at No. 2 on the Billboard 200 — but it's rare that they're any good. (The NKOTB album is terrible; Kiss' discs haven't been as strong as their '70s albums, Bachman Cummings put out an OK covers album two years ago and the list goes on.)

It's simple — people listen to music in a certain time and place. They go see shows for nostalgic reason, but they don't want to relive their youth as they commute to work. So, to all the bands rejoining this summer and in the months ahead — stick to the hits, make a ton of cash and leave it at that.

Tell us what you think of reunions at metronews.ca/scene

Snow Patrol singer rides with Tired Pony

BRUNO MARTINS
METRO WORLD NEWS

Gary Lightbody, the lead singer of Snow Patrol, only wanted to make a country album but accidentally ended up assembling an indie super-group.

He recruited REM's axe-man-in-chief Peter Buck, Belle & Sebastian's drummer Richard Colburn, REM producer Jacknife Lee, Editors frontman Tom Smith, and M. Ward and Zooey Deschanel from She & Him and Tired Pony was born. Metro spoke with Lightbody about new album The Place We Ran From.

How comfortable are you with the label super-group?

Well, I don't know, I guess we're a big band, so on paper that's what it seems like. But it's not an ego-driven project, it's a song driven project.

We just started a band and discussed in the band how it should be. We don't want anything to do with other bands. It's just a bunch of really tender beautiful songs, and not a bunch of egos.

How was the band born?

I'd already done a project like this with The Reindeer Section a few years ago. I just wanted to make an album and there were a few people I wanted to ask, and I did!

Is The Place We Ran From really a county album?

That's what I originally said when I was starting a new band called Tired Pony but that's before the band got together and we recorded everything.

Now it really doesn't sound country. It has a certain American kind quality in it, it was recorded in America and the songs are about America. In that sense is very country! But it's not an original country record.

Where does your interest in country music come from?

I think it's in the incredible stories; it comes a lot from the heart.

I wanted to see if I could make an album with that kind of edge, and not to write a record about myself but based on characters.

Country music is very character based.

What about the other musicians — are they your guests or full members?

Both. Some of them just popped in and played, others we invited specifically to play on the record.

Who was the first person you invited?

The band was originally me, Richard Colburn, Troy Stewart and Garrett "Jacknife" Lee. Then Garrett suggested Peter Buck and Scott McCaughey. Then everybody else came along but all the others weren't just a collection of people… we were a band.

GETTY IMAGES



Gary Lightbody

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

The ladies rock out

The Runaways
Genre: Drama
Director: Floria Sigismondi
Stars: Kristen Stewart
●●●●



This hotwired saga of the prototypical 1970s riot grrrls makes a compelling argument about overlooked talent and under-appreciated influence (Bangles, Bikini Kill, etc.). The movie also, ahem, rocks.

Written and directed by Toronto's Floria Sigismondi, it reveals how three chords and an attitude not only made serious jam-kickers out of Runaways frontwomen Cherie Currie and Joan Jett, it also worked wonders on Dakota Fanning and Kristen Stewart, who play them in the movie.

It's a shock to see sweet li'l Dakota rocking the mic as the face-painted and corset-clad lead vocalist Currie, and also following her well-documented (if also clichéd) descent into sex, drugs and rock-induced despair.

Stewart applies her vampiric moodiness to rhythm guitarist Jett's tough-girl persona.

Sigismondi bases her screenplay on Currie's tell-all tome Neon Angel: The Cherie Currie Story, which inevitably, and regrettably, leads The Runaways into family melodrama about Currie's drunken dad and jealous twin sister.

Before that, though, it's a highly entertaining lesson in Rock Godhood 101. To this we can say rock on and ch-ch-ch-check it out.

Extras include a commentary with Joan Jett, Kristen Stewart and Dakota Fanning, plus a making-of featurette.

PETER HOWELL



The Losers
Genre: Action
Director: Sylvain White
Stars: Jeffrey Dean Morgan, Zoe Saldana
●●

Whatever it is that France-born director Sylvain White (Stomp the Yard) and his conscripts are engaged in with this rip-off of The A-Team, it's not coherent storytelling. This is a movie for people who would really rather be playing a video game — one with lots of bullets. Or reading a comic book, which is in fact the source of this eruption.

It's the oh-so-familiar story of Special Forces soldiers who get set up, get mad and then decide to get even. Jeffrey Dean Morgan is Clay, still in wise-cracking and skull-splitting Comedian mode from Watchmen, who commands a crack team of buff bastards named Roque (Idris Elba), Jensen (Chris Evans), Pooch (Columbus Short) and Cougar (Oscar Jaenada).

PETER HOWELL



Cop Out
Genre: Comedy
Director: Kevin Smith
Stars: Bruce Willis, Tracy Morgan
●

Given a choice between watching Cop Out again or driving iron spikes into my eyeballs, I would probably choose Cop Out — but I'd have to seriously think about it.

This pitiful excuse for entertainment is utterly bereft of wit, intelligence or craft on any level. The only thing left to screw up would have been to leave the lens cap on the camera. Wait, that would have been an improvement.

Cop Out isn't so much a movie as it is a cinematic suicide note for Kevin Smith's directing career.

It teams Bruce Willis with Tracy Morgan as NYPD partners on a tear, which is like pairing King Kong with Bubbles the chimp. A frozen car battery has more chemistry than these two, and their motivations for working together couldn't be more opposite.

PETER HOWELL





Lohan headed to 'special' prison

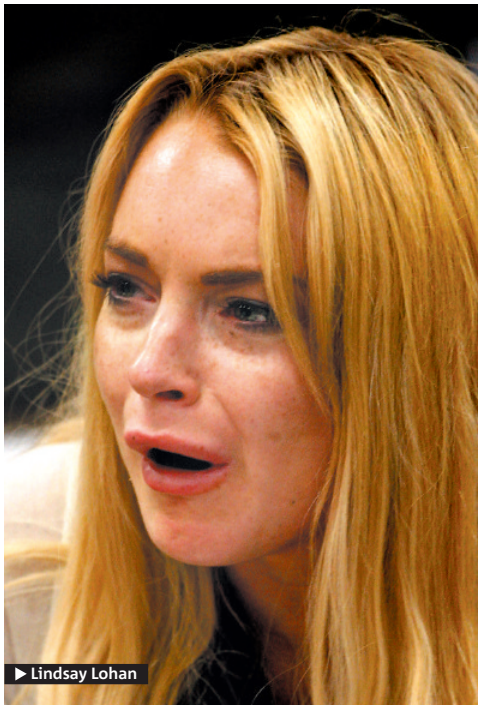
Actress will serve jail term in isolation for own safety Mean Girls star's 90-day sentence could be reduced to about three weeks

Inside a nondescript two-story building next to a busy freeway in an industrial neighbourhood far removed from Hollywood is where Lindsay Lohan will likely spend several weeks as part of her punishment for violating her DUI probation.

Lohan is slated to begin her sentence Tuesday at the bleak, 16-year-old Century Regional Detention Facility in Lynwood, Calif., just south of downtown Los Angeles. The actress would be housed in the 2,200-bed facility's special needs unit, where she would live in isolation for her own safety.

Thanks to jail overcrowding and a state program that credits inmates for good behaviour, nonviolent female misdemeanour offenders such as Lohan typically serve only about 25 per cent of their sentences, according to Los Angeles County Sheriff's Department spokesman Steve Whitmore.

That means Lohan's 90-day sentence could be reduced to about three weeks and she could be out of jail in time for the premiere of Machete, the action-thriller opening Sept. 3 that stars Lohan as a nun.


Lindsay Lohan

The 24-year-old Mean Girls star will most certainly have to trade her sparkly Pamella Roland jumpsuit for a jail-issued orange one. Lohan will also be asked to arrive empty-handed and must surrender any jewelry.

Besides the jumpsuit, Lohan will also be given a set of simple toiletries that all inmates receive: toothbrush, toothpaste, soap, comb, deodorant, shampoo and shaving implements.

THE ASSSOCIATED PRESS

Willis takes on rug dealer

LEGAL BATTLE Bruce Willis has found himself in a tense legal battle with a Los Angeles rug dealer who claims the actor spilled red wine on a $27,700 rug while he was "road testing" it at his apartment, according to TMZ. But Willis insists he kept the rug clean for the two months it was in his house and that he didn't spill wine on it. He also says he offered to clean the rug, but the dealer refused.

METRO WORLD NEWS

Skiing naked for La Roja?

WHAT A PROMISE Enrique Iglesias may run into trouble with the law if he makes good on his promise to water-ski down the Miami coast naked if Spain won the World Cup. Miami-Dade County police tell TMZ they don't want to see anyone breaking the law, not even Iglesias. "We enforce all laws here, regardless of what your status is in the Miami community," a spokesman tells the website.

METRO WORLD NEWS

Celebrity tweets


Jessica Alba [@jessicaalba] Just brushed a hornets nest off my sweats... Yuck


Michael Lohan [@michaelllohan] If THEY had only listened to me.... none of this would have happened. That means "YOU" D!!!!!


Conan O'Brien [@conanobrien] I found a huge design flaw in my new iPhone. People get angry when I talk on it during a funeral.


Lindsay Lohan [@lindsaylohan] I don't want my ex-father anywhere near me no matter where I am. He is crazy and scares me.


Javier Bardem

Kids on the way for Javier, Cruz?

HAPPILY MARRIED Now that Javier Bardem and Penelope Cruz are happily married, children shouldn't be too far off, at least according to Bardem's sister, Monica.

"They have shown the world they are in love," she tells on Hola! "And it would be only normal and natural to have children."

There have even been reports that the newlyweds are currently expecting, but Cruz's rep has denied the actress is pregnant.

METRO WORLD NEWS

Gibson not escaping to Australia

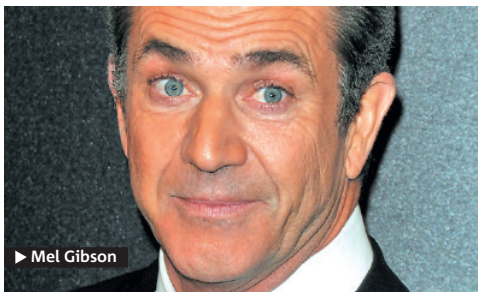
Despite being locked in a raging custody battle with ex-girlfriend Oksana Grigorieva and being the subject of a domestic violence investigation, Mel Gibson has no plans to flee the country, his rep tells Us Weekly.

Rumours circulated recently that the beleaguered star would escape to his native Australia, but his rep insists "there's no truth" to them. Instead, he's reportedly been back at work in New York filming Jodie Foster's new film, The Beaver.

Meanwhile, despite doubts from several sources, Grigorevia's rep insists the photo showing the Russian singer with chipped teeth that were leaked over the weekend is "true and accurate."

METRO WORLD NEWS




Mel Gibson

Speidi pressed to separate

FAME GAME Spencer Pratt claims the reason his marriage to Heidi Montag fizzled is because he's obsessed with fame and "will never grow out of it," he tells People magazine. "I want every kind of press. "She believes in bad press. There's no way my love for fame and her love for puppies will ever work out successfully."

METRO WORLD NEWS


Spencer Pratt

Fighting summer skin care problems

The healthiest faces are out of the sun Toners can be very important in the heat Self-tanners are an easy-to-apply alternatives

CELIA MILNE
WELLNESS@METRONEWS.CA

Whether you're hiking up mountains in British Columbia or pounding the pavement in Halifax, summer is a tough time for your face. Protecting it from the sun is the number one thing you can do to keep it young and healthy.

"The summer can take a toll on maintaining a fabulous complexion," says Toronto beauty expert Cheryl Gushue.

"In this heat, it's best to stick with a lightweight coverage base like a tinted moisturizer with an SPF to keep those harmful rays from damaging your skin."

The Canadian Dermatology Association recommends an SPF of at least 30 for all these products — lipstick, lip balm, moisturizer and foundation. Other advice: Wear a wide-brimmed hat, seek shade and avoid the sun at mid-day.

Your face may also be sweaty and blotchy in the summer. Says Gushue: "Try a matte powder bronzer with a big brush to finish and even out your skin tone. To prevent from over-powdering, you may want to try blotting papers."

To find what's your skin go to dermatology.ca.

She also suggests giving self tanners another try. "They look much more natural these days and come in many easy-to-apply alternatives."

Most women, she says, should be using a toner as well as a cleanser.

"The toner is especially important in this heat because it will remove all the dirt and toxins from the day that your cleanser can't."

Inside out

Beautiful skin isn't all about products. It also comes from the inside out. Toronto beauty expert Cheryl Gushue uses what she calls the Beauty Trifecta for skin care:

1. Exercise: Daily exercise for at least 20 minutes releases endorphins and detoxifies our skin.
2. Hydrate: Proper hydration is a necessity. Drink 2 litres of water a day ; it's easy if you buy 2 one-litre bottles.
3. We'd like to add one more: Don't smoke. According to the Mayo Clinic, not smoking and protecting your skin from the mid-day sun are two of the best things you can do for your skin.



▶ Products with at least an SPF of 30 are recommended to help protect your skin from the sun.

3 life



Uncomfortable skin tests for allergies are no longer the only option. Now, just a small sample of your blood will generally give laboratories all they need to pinpoint the cause of the irritant, as well as the ability to distinguish a true allergic reaction from other non-allergic symptoms.

NEWS CANADA



Scientists hope to ease malaria's sting with engineered mosquitoes

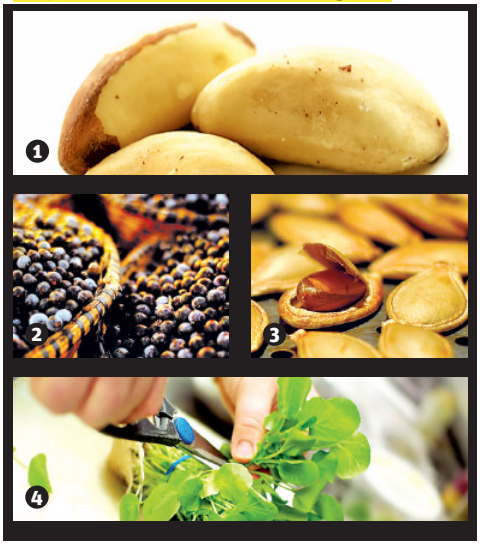


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Top 4 foods to feed that summer glow



1 **Brazil nuts:** A source of selenium, they protect the cells from free radical damage and help prevent dry skin.

2 **Acai Berries:** Known as "youth berries" they contain one of the highest levels of anti oxidants found in fruit

3 **Pumpkin seeds:** Provide the skin with zinc. A lack of zinc can lead to stretch marks and stubborn blemishes.

4 **Watercress:** A natural antibiotic, watercress is full of Vitamin C and A. It works wonders on healing the skin and reducing blemishes.

CHRISTINA AGNEW, NUTRITIONIST FOR DETOX COMPANY RAW FAIRIES

Watermelon sunbun care

We all know to use sunscreen, but when overexposure to the sun leaves skin red, swollen and painful, watermelon can come to the rescue. Naturally moisturizing watermelon is combined with soothing cucumber to provide much needed relief for sensitive sunburned skin.

- **Ingredients:**
1 cup (250mL) cubed watermelon flesh
1 cup (250mL) slices cucumber
- **Preparation:**
In a food processor or blender, mix ingredients together until combined.
- **Application:**
1. Spoon ¼ of mixture into a cheese cloth or tea towel.
2. Fold cloth or towel over mixture, squeeze gently to allow moisture to soak through.
3. Place the moist cloth on affected areas for 20 minutes.
4. Rinse off with cool water. NEWS CANADA

Boost your beauty with watermelons

Believe it or not, watermelon does a lot more than simply taste good on a sunny day. We know watermelon is a low-calorie and satisfying sweet snack, but when added to your daily beauty routine it can also give your skin an enviable healthy glow.

"Regular use of watermelon in skin care hydrates, tightens and makes the skin luminous," says Mareena Ostrovsky, head esthetician at Ici Paris Skin Clinic and Spa in Toronto.

Eating watermelon helps to fight free radical damage and aging through the abundant quantities of vitamins A, B and C and antioxidants. Research from Newcastle University in England reported that eating lycopene, the antioxidant found in watermelon, helps protect the skin from the sun's ultraviolet rays, which lead to sunburns and sun-induced skin aging.

The fresh juice of a watermelon alone can be applied as a natural polishing mask. Create a spa atmosphere by undertaking this easy two-step process while reclining in a warm bath; simply massage a cube of watermelon over your face, then rinse after five minutes. Complete this treatment with your favourite moisturizing cream and your skin will not only glow, but feel warm and healthy all day.

To get the most out of watermelon, remember to sink your teeth into its delicious pink flesh as often as possible. A one cup (250 mL) serving of chopped watermelon is only 51 calories and being mostly water is a great hydrator.

Watermelon is packed with nutrients including the antioxidant lycopene, vitamin C, thiamin and vitamin B6, vitamin A, panothenic acid, magnesium and potassium. Eating watermelon and drinking watermelon juice will not only make you feel good and refreshed, it acts as a natural detoxification treatment that flushes toxins from the body. NEWS CANADA

"Regular use of watermelon in skin care hydrates, tightens and makes the skin luminous."
MAREENA OSTROVSKY

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A refreshing first course to beat the heat

Too hot for soup? Not for this *cool* dish. Iced melon and berry soup is best made with ripe, sweet melons. And don't forget to dress up each bowlful with a swirl of berry purée and some whole berries.

Serves 4
Per Serving:
84 calories,.
1 g total fat



Iced Melon and Berry Soup

Ingredients:

- 1 ripe honeydew melon
- 1 Tbsp fresh lime juice
- 2.5 cm piece fresh ginger, peeled and grated
- 3/4 cup blueberries
- 1/2 cup orange juice
- 2 Tbsp low-fat plain yogurt
- 3/4 cup raspberries

Preparation:

1. Halve melon, discard seeds, and use spoon to scoop flesh out of peel into food processor. Add lime juice and ginger. Purée until smooth, pausing occasionally to push pieces of melon to bottom of goblet.
2. Pour purée into bowl, cover and refrigerate until completely cool, about 30 minutes.
3. Put blueberries into food processor. Add orange juice and yogourt and purée until smooth. Transfer to second bowl, cover and refrigerate until completely cool, about 30 minutes.
4. Divide melon soup among 4 chilled glass bowls. Swirl 1/4 of blueberry purée in centre of each bowl. Scatter raspberries on top. Serve immediately.

CONTRIBUTED BY



For more information visit: readersdigest.ca

Mocha Ricotta Tiramisu

The traditional Italian dessert gets a new sweet twist in this recipe.

Ingredients:

- 8 ladyfingers, halved
- 1 tsp instant espresso powder
- 1/2 cup boiling water
- 2 Tbsp brandy
- 1 tsp sugar
- 1 cup light ricotta cheese
- 1 cup plain low-fat yogurt
- 1/4 cup sifted icing sugar
- 1 tsp vanilla extract
- 1 square semi-sweet dark chocolate, grated

Preparation:

1. Break each ladyfinger into 3 pieces, then divide evenly among four 250 mL dessert glasses.
2. Place espresso in glass measuring cup and add boiling water. Add brandy and 1 tsp sugar; stir to dissolve. Pour evenly over ladyfingers. Leave to soak.
3. Beat ricotta with yogourt, icing sugar and vanilla extract until smooth and creamy. Pile on top of soaked ladyfingers.
4. Sprinkle top of each dessert with grated chocolate. Cover and chill at least 30 minutes (but no more than 3 hours) before serving.

READERS DIGEST



Mocha Ricotta Tiramisu

Liquid Assets

Switch up your wine countries

If you want to learn more about wine you've got to be willing to try different styles, from different countries, made with different grapes.

Not that I want to rant (look where that's gotten Mel Gibson lately!); it's just that the river to liquid expertise is flowing with more than just pinot grigio and merlot.

Take viognier. Tracing its roots to the Rhone Valley in France it has quietly become the hottest white grape on the shelf thanks to its full, floral aromas and light tropical (often spicy) flavours. That kind of personality means it's more than just menu friendly; it's a by-the-glass winner that shines bright in the summertime.

If, like me, you're mad about Thai cuisine, then the 2009 Yalumba 'Y Series' Viognier ($17.99 - $18.30) from South Australia — with its exotic mix of citrus, pear and subtle white pepper — will knock you on your pad Thai.

But don't fear red fans, viognier (thanks to its French heritage) is a blender's dream often underlining its fellow grapes with an accent of refreshing spice. The Yalumba 2008 'Y Series' Shiraz Viognier ($14.95 - $18.30) is all about bright, juicy cranberry/cherry flavours ideally matched with a rack of barbecued ribs.



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA



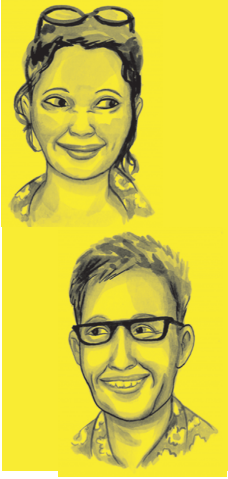
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HOW TO RESOLVE YOUR FINANCIAL FIGHTS

Smug Marrieds

KATE STEWART & BRET DAWSON

2FORCOUPLES.COM



Fights about finances are pointless but learning to find new things to talk about could be invaluable

Q: My husband and I have been married for almost five years, and conversation is starting to get a bit lacklustre. I think we're both tired of hearing each other complain about co-workers and the same old banter. Do you have any suggestions for spicing up our talks?

Kate says...

If all you talk about is work, I guess it's because all you think about is work, which is incredibly sad and drone-like. You really need to get engaged with something else. Join a tennis club, volunteer at a food bank, start an aquarium. You could plan a trip or take a needlepoint class together. Or, you could just read a newspaper and talk about that, for heavens sake. Use your imaginations, you sad drone people.

Bret says...

How about taking a cue from Oprah and reading a book together? Once you've managed a few pages, you'll be bursting with stuff to talk about. You'll discuss character and theme and symbol and tone. You'll feel thoughtful and excited. You'll notice that your husband is paying attention to your ideas and not just your ass, and you will find that quietly erotic. When you grow confident enough to exchange theories about how poor Walter is going to survive his visit to the vet, you will swell with the self-important flush that is the exclusive prerogative of the thoughtful reader. And you will have had an evening off, which will make talking about co-workers seem super interesting the next day.

Q: We're always scrapping about money. Will things ever get better as our relationship evolves?



▶ Talk about money instead of fighting about it.

Bret says...

That depends. If you are a jerk about it, no, things will not improve, and, after a while, your partner will get bored of you, and shortly after that, you will join the ranks of The People Who Are Making Financial Fresh Starts In Their 40s. So maybe you should try not being such a dick for a change. What is money for? It is for spending. It is for spending on food and drinks and clothes and trips and books and electronics. If you have a pile of money and all you do is sit on it, you are a dumb. Go buy a chair if you need something to sit on.

If you are like most people your age, your largest expense is the place you live. If you are a smart person, you will realize that clever use of your spending power can make that housing expense go away. Pay down your mortgage early and you will find you can survive on one-and-a-half incomes.

All this is a long way of saying this: Fights about money always have two sides. Here are some simple rules for resolving those fights: 1) Money is for spending and only for spending. It makes a shitty chair. 2) Spending money on interest is for morons. 3) Owning your pad outright equals not having to work so hard anymore. 4) The longer you wait to take that big trip, the less fun it will be.

Old people are cranky travellers.



The internet killed your social skills

New York-based company looking to re-brand speed dating for hipsters Fedoras and Ray Bans abound

Looking for love? Got five minutes and some Ray Ban wayfarers?

Speed dating, a party where groups of people have micro-dates over the course of an evening in a sort of amorous musical chairs is being rebranded as a younger, hipper alternative to online dating.

In Brooklyn's Williamsburg neighbourhood, an event called The Internet Killed Your Social Skills is drawing crowds every first Thursday of the month, filling a bar with a sea of 20-somethings in fedoras.

Julia Segal, 25, founded the event, nicknamed "hipster speed dating," as a way to polish up the dating skills that online dating and social networking sites, such as Facebook, have helped to obliterate.

"I don't think it's better, but I do think it's more fun," Segal said. "We do try to make it fun, lighthearted and for a younger crowd."

And a slew of other dating agencies are offering specialized speed dating services to clients. Speed Dating Connections, a Manhattan-based speed dating agency, has hosted 10,000 daters over the past two years, with many daters looking for very specific kinds of dates.



▶ Hipster speed dating is the new big thing in New York.

Speed Dating Connections primarily focuses on ethnicity-based dating; the majority of their events are for Asian and Indian clients. But like many agencies, they also offer a variety of specialized services.

Jacob Tanur, owner of Speed Dating Connections, said it only makes sense to whittle down the number of people in the dating pool.

"Everybody is looking for something specific in every person," he said. "An athletic person doesn't want to date a couch potato."

THE ASSOCIATED PRESS

Fun and Frugal



LESLEY SCORGIE
MONEY@METRONEWS

GET FIT FOR THE RATE FIGHT

Rising interest rates have Canadians stampeding to their banks to lock-in or consolidate their loans.

Sadly, in this state of urgency, people often forget two important pieces of information; first, interest rates are still at historically low levels, thus there is no need for the mad dash, and second, lenders are still willing to negotiate with you. Rather than rushing to secure an interest rate, often at the mercy of your lender, take a moment to coordinate your debts and develop a game-plan.

Like a boxer preparing for the ring, you need to put your gloves on and get ready for a match — an interest rate negotiation. Get prepared by gathering a detailed list of everything you owe, to whom, balances, current rates and required payments. Next, research current rates by reviewing the websites of various lenders and the Bank of Canada (bankofcanada.ca). Then ask your lender for a lower rate on all your debt. There are a variety of ways they can give do this. If your lender doesn't want to work with you, transfer your business. One more thing — don't rack up any more consumer debt while you're paying off your existing debts.

8 cheap beat the heat solutions

From stripping naked to cool showers, learn how to save on sweltering energy costs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Get creative to beat the heat and you'll save money too.

We were having a tropical heat wave just as I left Canada for two weeks in Florida. And when I got here, no surprise, I found more of the same. Top most of everyone's mind in this swelter is how to stay cool.

But I, being of a financial orientation, am also interested in how to stay cool while saving a bit of money. We still have the dog days of August to come and the Farmer's Alamanac tells me that most of Canada is going to be hotter than normal.



▶ With rising energy costs it can be tough to beat the heat.

With homes increasingly being forced on to smart meters for electical usage, air conditioning is going to be even more expensive if you run it during both peak and mid-peak hours.

It's all fine if you're rich or work 9 to 5 with no one in the house during the day. Not so great if you work from home, are a stay-at-home parent or have kids or elderly parents trying to stay cool during peak hours.

Here are 8 cheap Beat the Heat suggestions from steamy Florida:

1 Keep shades drawn all day and open them and windows at night
2 Keep a towel in the freezer to wrap around your neck
3 Put a bowl of ice in front of a fan
4 Roll up floor rugs to expose cooler floor surfaces
5 Take a quick cool shower before bed
6 Spritz yourself with a fine water spray
7 Even with a balcony or tiny yard lolling in a small blow up pool is very cooling
8 Strip. Really! Buck naked

Interest rates/ Savings accounts

BANK	RATE
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TD	0.85%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Don't gamble with your taxes

Did you know that you have rights as a Canadian taxpayer?

In fact, anyone who has dealings with the Canada Revenue Agency (CRA) has rights. Whether you are a small business, a corporation, or a benefit recipient, you are entitled to professional service and fair treatment.

The Taxpayer Bill of Rights is a set of fifteen rights confirming that the CRA will serve taxpayers with professionalism and fairness. Eight of these rights are service rights that are the cornerstone of the mandate of Canada's Taxpayers' Ombudsman, J. Paul Dubé, and the starting point for all his reviews.

"Unfortunately, not many Canadians know that these rights exist, so raising awareness of them is a priority" states Mr. Dubé. He adds, "Rights cannot provide maximum protection if the people they protect do not know about them."

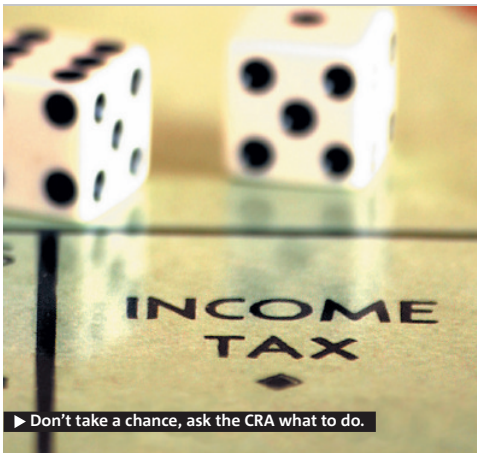
If you have an unresolved service complaint about the CRA or you would like more information about how the Ombudsman can help ensure your rights as a taxpayer are respected, call the office and his staff will answer your questions. Even if your complaint is not within their mandate, they will help you find the department you need to contact. You can reach the Office of the Taxpayers' Ombudsman toll-free at 1-866-586-3839.

NEWS CANADA

Need to know

What you can complain about to the CRA.

Mr. Dubé wants taxpayers to know that they may complain to the CRA about the service they have received including: mistakes, undue delays, poor or misleading information, and staff behaviour. They may request that the an independent review of their case.



▶ Don't take a chance, ask the CRA what to do.

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4 sports

News in brief



1 Jamaal Magloire has re-signed with Miami.

2 Justin Morneau will likely miss at least another week's worth of games.

3 The Dallas Mavericks have re-signed Dirk Nowitzki.

THE ASSOCIATED PRESS

Scan this code for more sports

Wade sorry for 'World Trade' gaffe

Dwyane Wade issued an apology yesterday to those who may have been offended by his use of the phrase "World Trade" while answering a question about the upcoming Miami Heat season.

The all-star guard made the remark Sunday before the annual charity basketball game he co-hosts with Alonzo Mourning.

Standing at his locker before a group of reporters, Wade said:

"There's going to be times when we might lose one, two games in a row, maybe two games, three games in a row, you never know. It's going to seem like the world is crashed down. You all are going to make it seem like the World Trade has just went down again. But it's not going to be nothing but a couple basketball games lost and we'll have to get back on track."



▶ Wade

Yesterday, before leaving on a flight to Los Angeles, Wade issued an apology through the Heat.

In the statement, Wade said: "In an interview yesterday, I attempted to explain how some people may view the Miami Heat losing a few basketball games in a row during the upcoming season. It appears that my reference to the World Trade Center has been either inaccurately reported or taken completely out of context. I was simply trying to say that losing a few basketball games should not be compared to a real catastrophe.

"While it was certainly not my intention, I sincerely apologize to anyone who found my reference to the World Trade Center to be insensitive or offensive."

THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES



▶ Ilya Kovalchuk has reached a deal with the New Jersey Devils.

Jersey score: Ilya's staying

Kovalchuk reaches deal with Devils for reported 17 years, $100 million

Russian sniper's final choice came down to New Jersey and Los Angeles

Unlike the NBA's LeBron James, the biggest prize on the NHL free agent market isn't moving.

Ilya Kovalchuk is staying with the New Jersey Devils.

Kovalchuk's agent and the team announced yesterday that the high-scoring left-winger has agreed to a multi-year contract, ending weeks of speculation where the league's leading goal scorer since 2001 would be skating next season.

Several reports pegged the deal at 17 years and around $100 million US.

"This was a long, arduous process that has taken frankly a little longer than I thought," agent Jay Grossman said in a telephone interview with The Associated Press.

"But you know what, nothing is worth anything unless you work for it. I can tell you he is very happy to be with the New Jersey Devils."

The Los Angeles Kings, New York Islanders, Devils and SKA St. Petersburg of Russia's Kontinental Hockey League talked with Kovalchuk after free agency started July 1.

The final decision came down to the Kings and the three-time Stanley Cup champion Devils, who haven't won a title since 2003.

THE ASSOCIATED PRESS

Leaving Atlanta

How the Devils landed Ilya Kovalchuk.

1 Kovalchuk rejected a 12-year, $101-million extension offered by the Thrashers.

2 Kovalchuk was acquired by the Devils in February for a package of players and draft picks.

Schleck steaming after rival fails to wait for him

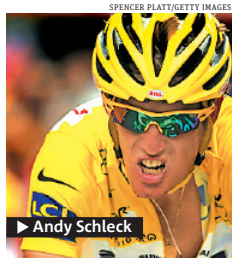
Luxembourg's Andy Schleck lost his yellow jersey as overall leader of the Tour de France to defending champion Alberto Contador yesterday after suffering mechanical failure at a disastrous moment.

Afterward, a furious Schleck accused Contador of taking the jersey unfairly because he didn't wait while Schleck stopped to fix the chain on his bike. Contador insisted he didn't know Schleck had had a problem.

French champion Thomas Voeckler won the day's race, the second of the Tour de France's four big stages in the Pyrenees, with a solo ride. Victoria's Ryder Hesjedal finished 16th to move into 10th spot overall.

THE ASSOCIATED PRESS

SPENCER PLATT/GETTY IMAGES



▶ Andy Schleck

Sports in brief

Lightning land Gagne in trade

NHL Steve Yzerman continued his makeover of the Tampa Bay Lightning yesterday. The Lightning GM acquired forward Simon Gagne from the Philadelphia Flyers for defenceman Matt Walker and a 2011 fourth-round pick. Gagne has played in 664 career NHL games, all with the Flyers, and has amassed 524 points, including 259 goals.

THE ASSOCIATED PRESS

Raps will play in Vancouver

NBA. Steve Nash and the Phoenix Suns will battle the Toronto Raptors in an NBA pre-season game Oct. 6 at Vancouver's Rogers Arena. Nash, a Victoria native and two-time league MVP, headlines a Suns roster that includes Grant Hill, Jason Richardson and former Raptor Hedo Turkoglu.

THE CANADIAN PRESS

Taking care of business

PBL president Levingston looking to add Puerto Rican teams to his league ◐ Schedule change could see PBL begin season in October

METRO FILE



▶ Halifax Rainmen centre Marc Marzur battles for a loose ball with a member of the Buffalo Stampede during a Premier Basketball League game last season.



MATTHEW WUEST
@METRONEWS.CA

Andre Levingston wants to settle the Premier Basketball League's business with Puerto Rico quickly.

The PBL president has submitted a proposal to the Baloncesto Superior Nacional openly inviting the league's 11 teams to join his circuit.

One of the main components of the proposal is shifting the PBL's schedule so it starts in October and wraps up in January.

It currently runs January to April.

Levingston has given BSN owners until Monday, July 26, to respond.

"We're just waiting to see how many teams are interested in participating in the PBL," Levingston said. "We'll go from there."

The schedule change is necessary because the end of the PBL's current schedule overlaps with the start of the BSN's regular season.

Levingston doesn't want the process to take long because he hopes to release the PBL schedule by early August.

The PBL only has five confirmed teams for 2011 and is counting on Puerto Rican additions to round out its circuit.

Notes

- The Vermont Frost Heaves have raised $23,000 in cash and have $12,000 in "known commitments," according to the Times-Argus newspaper, in their attempts to raise the $100,000 the PBL has requested by Aug. 1. Levingston said the amount is not one he is "comfortable with at this time."
- Centre DeAndre Thomas, who played 10 games with the Rainmen last season, was named International Basketball League playoff MVP on the weekend. He scored 21 points and added 19 rebounds in the Albany (N.Y.) Legends' 126-111 win over the Bellingham Slam. Rainmen owner Andre Levingston said he will consider bringing Thomas back in a backup role.
- Levingston scouted Connor Atchley in NBA Summer League action in Las Vegas on the weekend and said he's interested in signing the six-foot-10 forward.
- Levingston is attending a "big-man camp" — players six-foot-seven and taller — in Las Vegas today. Levingston's quest to find a quality big man has seemed unending.

IAAF event ready to go in Moncton

60

Number of Canadians competing at the IAAF world junior championships. More than 1,400 athletes from more than 160 countries are competing at the event.

METRO FILE



▶ Rachael McIntosh

The International Association of Athletics Federation world (19-and-younger) junior championships begin today in Moncton.

The event, which held its opening ceremonies last night, starts at 9 a.m. at the newly-built Stade de Moncton on the Université de Moncton campus.

The women's 3,000 metres is the lead-off event.

Three Nova Scotians will be part of the action this week: Bridgwater natives Rachael McIntosh (heptathlon) and Mattias Wolter (steeplechase) and Liverpool's Chelsea Whalen (shot put).

METRO HALIFAX

Nova Scotia represented at canoe-kayak worlds

Six Nova Scotians are headed to Poland for next month's world sprint canoe-kayak championships.

Dartmouth's Andrew Russell, Halifax's Richard Dalton and Waverley's Jon Pike were named to the men's canoe team yesterday, while Waverley's Connor Taras and Windsor's Ryan Cochrane cracked the men's kayak roster.

Lake Echo kayaker Genevieve Orton, meanwhile, will be the lone Nova Scotian female at worlds. The event runs Aug. 19 to 22 in Poznan.

METRO HALIFAX

Gordon, Joudrey sign on with Caps

Andrew Gordon of Porters Lake and Andrew Joudrey of Bedford have both earned one-year contracts with the Washington Capitals.

The deals are both worth $500,000 US should the players crack the Capitals' NHL roster and less than $100,000 in the minors.

METRO HALIFAX

JUSTSPORTS PHOTOGRAPHY



▶ Andrew Joudrey

Halifax native on reality show

Halifax's Sean Francois is a one of 10 finalists for The Score's Gillette Drafted 2 reality television competition.

Francois, a father and computer systems analyst, is competing for a one-year contract with Score Media.

The show is scheduled to air on Sept. 13.

METRO HALIFAX

Dry set roster for senior championship

BASEBALL. Dartmouth Moosehead Dry has finalized its roster for the Canadian senior baseball championship.

Dartmouth, which is hosting nationals at Beazley Field and Mainland Common from Aug. 26 to 29, has named six pick-ups for its 21-man lineup: Catcher Matt Denney, outfielder Beau Chiasson, shortstops Guy Pellerine and Ian Lockhart, pitcher Kevin Nichols and infielder Robert Gillis.

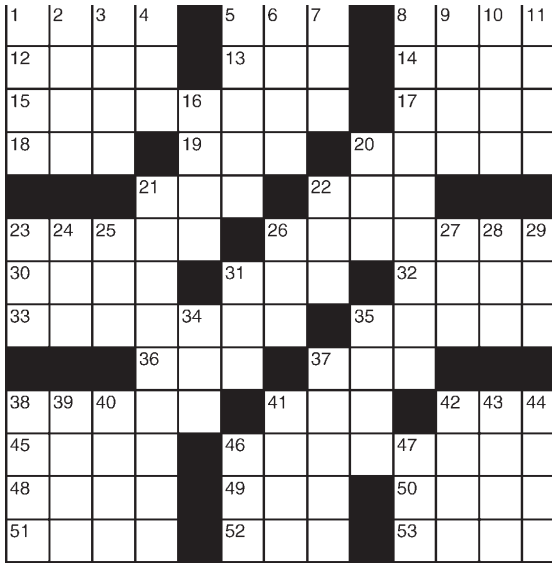
Denney and Chiasson play for the Sydney Sooners; Lockhart and Nichols for the Kentville Wildcats and Pellerine for the Turro Bearcats.

Gillis, who previously played seven years with Dartmouth, is currently playing in Ontario.

The Halifax Pelham Molson Canadians, who are also competing at nationals, will name their pick-ups this week. METRO HALIFAX



Crossword



Across

1 Burbot or turbot
5 Rock band's need, for short
8 Layer
12 Opposed to
13 Cattle call?
14 Not working
15 Group's headlong rush
17 Office part-timer
18 Plaything
19 Individual
20 Elegance
21 Moreover
22 Trouble
23 Due
26 Bret Michaels' trademark
30 Crucifix
31 Snug rug occupant
32 Verve
33 Kentucky brew
35 Lachrymose
36 History chapter
37 Angry
38 Last letter
41 Droop
42 That woman
45 Actress Moore
46 Hoover Dam water
48 Oklahoma city
49 Rage
50 Saharan
51 Foolproof
52 Links statistic
53 — a soul (nobody)

Down

1 Rapid
2 Division word
3 Remain
4 That fellow
5 Improve a text
6 Fashion
7 "Ulalume" writer
8 Monopoly card
9 Notion
10 "Desire Under the —"
11 Agents, for short
16 Very early video game
20 Opposed to
21 "The Immoralist" author
22 Witty one
23 Sphere
24 Seek the affection of
25 Debt notice
26 Hamburger holder
27 Milwaukee product
28 Siesta
29 Whatever number
31 — constrictor
34 Underwear with underwire
35 Carry on
37 Creator
38 Tributes in rhyme
39 Options list
40 Eastern potentate
41 Country singer Evans
42 Antitoxins
43 Tresses
44 Vortex
46 Back talk
47 Chap

▶ Yesterday's answer

S	I	T			E	B	B		B	O	S	S		
K	N	O	B		L	E	U		U	N	I	T		
E	C	R	U		F	A	R		S	E	X	Y		
W	H	I	S	K		D	R	A	T					
			T	I	C		O	D	E	S	S	A		
B	O	R	E	D	O	M		O	R	L	O	P		
U	S	E	R		B	A	G		K	A	L	E		
S	L	A	C	K		R	E	N	E	W	E	D		
H	O	R	R	I	D		L	E	A					
			A	N	O	N		E	T	H	E	R		
S	L	O	B		W	O	O		O	O	Z	E		
H	E	R	B		N	T	H		N	O	R	M		
Y	O	R	E		Y	E	S			P	A	Y		

Sudoku

3	5						9	6
		7	6			3		
4			9		3			
8				1		6	3	
				2				
	1	5		4				8
			4		5			2
		9			7	8		
2	6						4	7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	3	2	4	7	6	1	9
6	4	7	5	1	9	2	3	8
2	9	1	6	8	3	5	7	4
7	8	5	4	6	2	3	9	1
3	1	2	7	9	8	4	6	5
4	6	9	3	5	1	8	2	7
5	3	4	9	7	6	1	8	2
9	2	8	1	3	5	7	4	6
1	7	6	8	2	4	9	5	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Arezoo, you have always been my love, my strength, my passion, and my support, When seeing that spark of joy in your eyes, I get the peace and happiness in my heart. I love you from the deepest of my heart.
NIMA

To Corri: Happy 29th Again. Couldn't get you off my mind.
FRANK

Michelle; you are the one! Love you so much baby.
ANDREW

My beautiful baby, Matthew
I just want you to know that you mean everything to me. You are so important and so special to me. I cannot imagine spending my life without you. I love you with all of my heart baby. Forever and always,
TIMASHA

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Today: Partly sunny 25°/18°
Wednesday: Showers 70% 24°/17°
Thursday: Sunny 24°/17°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Your feelings for someone will swing from like to dislike and back again two minutes later. It's obvious you don't really know what your real emotions are so resist saying anything too outrageous.

♉ Taurus April 20-May 21 The reason you seem so accident prone at the moment is because you are rushing here, there and everywhere trying to get a dozen things done in record quick time.

♊ Gemini May 22-June 21 You may have taken chances with money and got away with it in the past but you must not take chances today. Avoid any and all situations where you might want to gamble.

♋ Cancer June 22-July 22 Because you are so full of yourself at the moment you could say something thoughtless and hurt someone emotionally.

♌ Leo July 23-Aug.23 Today's cosmic picture warns that your fears and insecurities could easily get the better of you. The only things you should treat with suspicion are those dark thought that creep into your head.

♍ Virgo Aug. 24- Sept. 22 Certain issues need to be brought out into the open where they can be discussed and debated in a rational manner. Be honest about what you think and feel.

♎ Libra Sept. 23-Oct. 23 You may be anxious about some of the new responsibilities you have taken on but once you get busy you will discover that you have a talent for solving problems and providing leadership.

♏ Scorpio Oct. 24-Nov. 22 You never take kindly to criticism and today will be no different. You are not in the least bit interested in other people's opinions, about you or about anything else.

♐ Sagittarius Nov. 23-Dec. 21 Try not to rush decisions today because it will cause problems that could so easily have been avoided. Logic seems to be in short supply at the moment.

♑ Capricorn Dec. 22-Jan. 20 Keep your opinions to yourself and keep your nose out of other people's business. Partners and colleagues are in no mood to accept interference, so bite your tongue.

♒ Aquarius Jan. 21-Feb. 18 Other people can sense that you are easily aggravated and will go out of their way to irritate you. Mind planet Mercury in your opposite sign urges you to keep control of your emotions.

♓ Pisces Feb. 19-March 20 Your disagreements with someone may be of a fundamental nature but you can still work together for mutual benefit.

SALLY BROMPTON

JON SUPER/THE ASSOCIATED PRESS

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

AP PHOTO/ERANGA JAYAWARDENA



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Deals of the week

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.

$629
+Taxes & other fees (including service charges): $320

Puerto Plata via Toronto

Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.

$789
+Taxes & other fees (including service charges): $320

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 6–25 • 1 wk.

$899
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 6–25 • 1 wk.

PRIVILEGES
$949
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun/Riviera Maya via Toronto

Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Sept. 5 • 1 wk.

$649
+Taxes & other fees (including service charges): $304

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Sept. 5 • 1 wk.

$659
+Taxes & other fees (including service charges): $304

Puerto Vallarta/ Riviera Nayarit via Toronto

Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Aug. 14 • 1 wk.

$999
+Taxes & other fees (including service charges): $288

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited-Luxury®
Junior suite tropical view with jacuzzi
Aug. 7 & 14 • 1 wk.

PRIVILEGES
$1219
+Taxes & other fees (including service charges): $288

CUBA

Cayo Coco/Cayo Guillermo via Toronto

TRYP Cayo Coco • 4★
All-Inclusive • Standard rm.
Aug. 7–21 • 1 wk.

$679
+Taxes & other fees (including service charges): $242

Varadero via Toronto

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
July 31–Aug. 23 • 1 wk.

$749
+Taxes & other fees (including service charges): $242
Please add $50 for Sat. & Sun. departures

TURKS & CAICOS via Toronto

Royal West Indies Resort • 4★
Studio botanical view
Aug. 14, 15, 21 & 22 • 1 wk.

$1199
+Taxes & other fees (including service charges): $268

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.

$1199
+Taxes & other fees (including service charges): $240

USA

BOSTON

Westin Boston Waterfront • 5★
Double guest rm.
Aug. 19 & 26 • 3 nts.

$489
+Taxes & other fees (including service charges): $111

CRUISE

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2010 KIA SOUL



Soul 4U shown

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PURCHASE PRICE

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AND **0%** FINANCE APR FOR UP TO **48 MOS.**"

2010 KIA FORTE



Forte EX shown

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PURCHASE PRICE

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AND **0%** FINANCE APR FOR UP TO **60 MOS.**"

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*5-YEAR/100,000 KM EXTRA CARE ROADSIDE ASSISTANCE
*NO DEUCTIBLE CHARGE

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